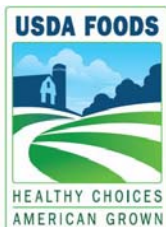


USDA Foods Product Information Sheet

For Child Nutrition Programs



100368—Beans, Black-eyed Pea, Low-sodium, Canned

Category: **Legume Vegetable/Meat Alternate**



PRODUCT DESCRIPTION

This item is Grade A canned, dried black-eyed peas. They are packed in low-sodium brine which contains 36-140 mg sodium per ½ cup serving. This item is available in cases containing six #10 cans.

CREDITING/YIELD

- One case of black-eyed peas provides about 113 ½ -cup servings of heated, drained beans.
- CN Crediting: ½ cup black-eyed peas credits as ½ cup legume vegetable OR 2 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Black-eyed peas can be cooked with greens for a tasty vegetable dish or included as an ingredient in soups.
- Black-eyed beans can also be used in pasta salads, cold vegetable salads, or made into a dip for vegetables.
- Drain and rinse canned beans and peas before adding to recipes to reduce the sodium.
- For more culinary techniques and recipe ideas, visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (120 g) black-eyed peas, canned, low-sodium

Amount Per Serving

Calories 92

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 16g

Dietary Fiber 4g

Sugars —

Protein 6g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.